

5 WHAT IS CLAIMED IS:

1. An exercise device comprising:

10 a geometric element with a relatively flat bottom;

 a top that is relatively softer than the bottom;

 a spring element between the top and the bottom of the device;

15 whereby the distance from the top to the bottom of the device varies with the
 amount of force placed on the device.

2. The device according to claim 1 wherein the spring element is a
 loop spring.

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3. The device according to claim 1 wherein the spring element is a
 coil spring.

4. The device according to claim 1 wherein the spring element is an
25 inflatable bag.

5. The device according to claim 1 wherein the exercise is a push-up.

6. The device according to claim 1 wherein the exercise is a pull-up.

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7. The device according to claim 1 wherein the exercise is a dip.

8. The device according to claim 1 wherein the spring is adjustable
 by adding tension to the spring.

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5 9. The device according to claim 8 wherein the tension comprises an elastic element that varies the spring force.

 10. The device according to claim 3 wherein the compression force between the coils is adjusted by adding spacers between the coils.

10 11. The device according to claim 2 wherein the compression force between the top and the bottom of the loop spring is adjustable by adding at least one elastomeric band that is placed around the loop.

15 12. The device according to claim 1 wherein the device is assembled from components.

 13. A method for doing an exercise comprising:

20 an exercise that is chosen from one of a push-up, pull-up and dip;

 selecting a device comprising a spring force element that is chosen from one of a loop spring, coil spring, scissor spring and inflatable bag;

25 placing the spring force element under the body at a chosen location; and
 doing the exercise.

 14. A method for doing an exercise comprising:

30 an exercise that is chosen from one of a push-up, pull-up and dip;

 selecting a device comprising a spring force element that is chosen from one of a loop spring, coil spring, scissor spring and inflatable bag;

35 placing the spring force element under the body at a chosen location;

- 5 adding additional force elements to the spring element to increase the force; and doing the exercise.